

# **Rogers Aquatics Center**

## **Junior Lifeguard Class**

Syllabus 2015

### **Prerequisites**

- Swim 25 yards freestyle (front crawl) continuously
- Swim 25 yards breaststroke continuously.
- Tread water for 1 minute using arms and legs.
- Swim 25 yards backstroke or float unassisted on back for 30 seconds.
- Submerge and swim 10 feet under water.
- Must be between 11-14 years old and completed the 5<sup>th</sup> grade.

### **Tues. Apr. 7 5:30-8pm: (Waterpark)**

Orientation  
Team Building  
Causes/Prevention of Drowning  
Recognize Someone Needing Help  
Helping Someone in the Water  
Know What to Look For  
Know How to Look  
Know Where to Look  
Lifeguard Stations

### **Sat. Apr. 11 12-4pm (Adult Wellness)**

Prerequisite Swimming Skills  
Shallow Water Assists  
Swimming with Rescue Tube  
Improve Swimming Skills  
Throwing Assists  
Approach Strokes  
Entries into the Water  
Rescues at the Surface  
Surface Dives

### **Tues. Apr. 14 5:30-8pm (Waterpark)**

Surveillance Practice  
General Procedures for a Water Emergency  
Emergencies on Land  
Performing a Primary Assessment  
Making the 911 Call  
Care for What You Find  
Emergency Action Plan

### **Sat. Apr. 18 12-4pm (Adult Wellness)**

Review Shallow Water rescues  
Deep Water Rescues  
Submerged Victim – Shallow Water  
Escapes  
Two Person Removal from Water  
Putting it all Together  
Facility Safety Check  
Incident Report  
Swim Practice

### **Tues. Apr. 21 5:30-8pm (Waterpark)**

Lifeguard Rotations  
Conflict Resolution/FIND Model  
Educating Others  
Life Jackets  
Serving the Customer  
Listening  
Handling Difficult Customers  
Positive Feedback

### **Sat. April 25 12-4pm (Waterpark)**

Breathing Emergencies – Primary Assessment  
Giving Ventilations  
Conscious Choking  
Unconscious Choking  
CPR/AED  
First Aid – Secondary Assessment  
Heat Related Illness

**Tues, April 28 5:30-8pm (Waterpark)**

First Aid – Bleeding  
Muscle, Bone & Joint Injury  
Common 1<sup>st</sup> Aid Injuries  
Burns  
Bee Stings  
Finger Injury

**Sat, May 2 12-4pm (Adult Wellness)**

Head, Neck & Back Injury  
Head Splint  
Shallow Water Back Boarding  
Removal from Water  
Review  
Written Test